

CHILI

comments

My two favorite chili recipes are this one, and the white chili which is made with chicken.

Can be made with ground beef, or turkey, or chicken

notes

Good served with cornbread, or tortilla chips.
I like it served over rice, or small egg noodles, but it can be served by itself.
Use your imagination with the list of garnishes.
Good reheated.

prepare in advance

Ingredients

Have available

1-1/2 to 2 lbs. ground beef, turkey, or chicken
1 15-oz. cans kidney beans, drained
1 15-oz. can stewed tomatoes
1 8-oz. can tomato sauce

Chop

3 green onions
1 small red or yellow pepper

Measure

3 T chili powder
1 T cumin
1 tsp. salt
ground pepper to taste

Garnishes (select any)

shredded cheddar cheese
chopped sweet onions
sour cream
bottled hot sauce
sliced green or black olives

Other options to serve chili over

rice or
egg noodles

complete recipe

In a large casserole or heavy pan, brown meat on medium heat. When browned, drain.

While meat is browning, in small skillet over low heat in a little olive oil, sauté the green onions a few minutes, then add the peppers and cook about 5 minutes more.

Add to sauté skillet, off heat, the chili powder, cumin, salt and ground pepper to taste. If meat is browned by this point, spices may be added to meat instead.

Add contents of sauté skillet to meat, then add the kidney beans, stewed tomatoes and tomato sauce.

Raise heat to boil mixture, while stirring. Lower heat and simmer all ingredients uncovered for another 10-15 minutes.

While main mixture is simmering, prepare optional garnishes and rice/noodles.